

Misickquatash (Indian Succotash)

Makes: 6 servings

Ingredients

8 ounces lean ground beef

1 cup lima beans (frozen, cooked and drained)

1 can corn (15 1/2 ounce, drained)

1 can tomatoes (15 1/2 ounce, broken up)

1/4 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon nutmeg

Directions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.



Source: USDA Food Distribution Program on Indian Reservations
Using Commodity Foods

Nutrition Information

Nutrients	Amount
Calories	158
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	24 mg
Sodium	415 mg
Total Carbohydrate	20 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	11 g
Vitamin D	0 IU
Calcium	37 mg
Iron	3 mg
Potassium	462 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	3/4 cup
	Protein Foods	1 ounce